

ABSTRACT OF THE DISCLOSURE

~~The present invention provides an~~ An incubation method for obtaining solid culture of Zang Zhi (*Antrodia camphorata*) ~~comprising~~ including the steps of: incubating a stock strain of Zang Zhi in a PP bag for growth of mycelia, followed by an incubation in the air for fruiting the Zang Zhi body. ~~The invention also provides the solid culture of Zang Zhi obtained by the incubation method, and the products processed therefrom and the use thereof.~~